

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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April 7, 2006

Aviano Air Base, Italy

Fly Bys

Road closure

The perimeter road at Sierra Loop will be closed Monday through April 17 for underground utility work. Traffic will be routed the long way around the perimeter road and signs will be posted around the flightline. For more information, call Ext. 5800.

Emergency cards

Airmen must designate an immediate family member as the person authorized to direct disposition of their remains. The designation is a required part of the member's Record of Emergency Data. Airmen can add their PADD information to their virtual record by following the instructions in the vMPF. For more information, call the military personnel flight at Ext. 7216.

Italian elections

The Italian government is preparing for elections, scheduled for Sunday and Monday, by placing posters in local areas. Aviano members are asked to obey host nation rules and leave the posters alone, as defacing or damaging them is a serious offense. Questions or concerns can be directed to the legal office at Ext. 7843.

Volunteers plant trees, future

Story and photo by
**Senior Airman
Sarah Gregory**
31st Fighter Wing
Public Affairs

Whether it's love or just flowers, spring is the time for things to bloom. To celebrate the season of growth Aviano volunteers gave their time to help the Giais elementary school students plant trees in the local community Saturday.

About 200 volunteers, including local residents and base members, came out to support the students of Edmondo De Amicis Elementary School in their annual tree planting tradition.

"The residents of Giais, along with the elementary school teachers and students, have been planting trees in the local community for 21 years," said Sylvia Flores, Aviano's Family Support Center volunteer coordinator. "They do it for the children, so they learn to take responsibility, to celebrate the environment and protect its beauty, and so the children have some



Tech. Sgt. Roy Hensley, 31st Logistics Readiness Squadron vehicle operations supervisor, and his daughter Kaylee, age 10, plant a tree in Giais Saturday. About 200 local and base residents came out to participate in the 21-year-old tree planting tradition.

natural beauty when they grow up."

Although this is Aviano's first year participating in the tree planting event, Ms. Flores hopes that it won't be the last.

"One of my goals is to get Aviano more involved in off-base events, so we started calling around to

schools and town mayors to ask if we could start doing some projects together," she said. "Events like this allow us to continue strengthening the bonds between Americans and Italians, to exchange cultural ideas and to appreciate

See Tree, Page 7 —

Shoppette: The Area F shoppette is open from 6 a.m. to midnight Monday through Friday and 2 to 10 p.m. Saturday and Sunday.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	193.8	139
	-3.1	-1

Information current as of Thursday.



100 day review

U.S. Air Forces in Europe commander Gen. Tom Hobbins recaps the changes made during the first quarter of his command.

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Bergamo

Remnants of the Venetian walls that once protected the medieval town of Bergamo now offer visitors a place to sit and socialize.

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From the top: A Word From Those Who Lead

U.S. Air Forces in Europe

USAFE Smart Ops 21

Enables troops to accomplish the right things

Commentary by Col. Lori Ramirez
425th Air Base Group commander

You're going to start hearing a lot about Smart Ops 21. I want to put it in real terms for each of you. It's not about doing more with less. It's about doing more and less; more of the right things and less of what keeps us from them.

We're already dealing with the realities of a constrained budget and less than 100 percent manning. Smart Ops 21 is about doing what's smart with the limited number of people, equipment and supplies (and time) that we do have. It's about using our brain power to our advantage so we work smarter, not harder, to make up for those resource constraints. Don't pass the buck. No one knows better than you how to deal with problems in your area ... if you don't take the time to figure out the best solution, then the mission suffers and your people suffer.

Smart Ops 21 means enabling the troops who do the work everyday to figure out where we can focus on the big impact items, the mission-essential tasks, and not get all caught up in the smaller day-to-day busy work.

I want you to tell me how we can eliminate waste. But it's bigger than just cutting something here or there. It's about looking at an entire process end to end and seeing where it can all change ... to take less time to accomplish ... to take less steps to accomplish ... to get the most done with focused, streamlined effort.

We have a long history of asking our smart people to tell us how to do things better. From the Suggestion Program to Tiger Teams and Process Improvement Teams, the Air Force has always empowered us to

find a way to make things better. Throughout the force we have incredibly intelligent, inventive and dedicated people.

You have the knowledge, training and common sense to know when there are things we are doing that we don't have to; things that take up too much time for the value gained. Don't let these things distract you from your larger goals.

What is using up your day instead of the important things? What can you do to refocus your efforts? Here are a few ideas:

Discuss goals with your supervisor. If your supervisor agrees, then they will support you when you want to have a meeting, or take time to write proposals or research AFIs.

Set aside time. Actually block off your calendar just like you do for physical training three days a week.

Get others involved. Who else has knowledge of the process? When you fix a process, look end to end. You will often find that in order to make big improvements you have to look outside your area of responsibility.

Am I asking you to take short cuts? In a way. Cut short steps that don't add value. Cut short steps that just repeat what someone else is doing. Cut short steps that cause the same piece of paper to travel the same path three or four times.

Am I asking you to abandon your quest for absolute perfection? In a way. I'd rather have the 90 percent solution on time so I can make a decision, than wait for the perfect answer when it's too late to make a difference.

Work smarter, not harder; figure out how to make processes leaner. In the end you will get more of the right things done instead of just getting more done.

Aviano Airman of the Week

Name: Airman 1st Class Jienelle D. Arevalo

Unit: 31st Fighter Wing legal office

Job: Military justice paralegal

Hometown: Fairfield, Calif.

Family: Husband Daniel, two dogs and a cat named Felix

Hobbies: PC gaming, critiquing movies, swimming and shopping

Why joined: For the experience and adventure



COMUSAFE recaps first 100 days

By Gen. Tom Hobbins

U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany (USAFENS) – Our U.S. Air Forces in Europe team has encountered a full spectrum of exciting activities and challenges over the past 100 days. From embracing the impending Air Force manpower restructure to the airlift of Rwandan troops to the Darfur region of the Sudan, our command has been actively engaged in the pursuit of process improvement and ensuring mission success.

The last few months have brought us exercises like Anatolian Eagle in Turkey and Shared Accord in Niger. We've deployed approximately 1,600 USAFE Airmen to locations like Iraq and Djibouti in support of the global war on terrorism. Additionally, we've worked with our NATO allies to contribute to activities like flying Baltic Air Policing missions. The list of mission accomplishments goes on and on, but the main message that resonates is our USAFE team, along with our joint, coalition and host-nation partners, is dedicated to ensuring freedom's future across the globe.

While focusing on mission accomplishment, our command has also faced some very challenging manpower issues. From the current force-shaping efforts to the future manpower restructure, we have and will continue to see a lot of "people" and "process" changes on the horizon. Air Force Smart Ops 21 will seek to help us ensure we make the right process improvements while continuing to take care of our people.

As we strive to take care of our people, we have maintained focus on building strong relationships with our host nation and partner countries. USAFE has continued to plan and execute a robust Theater Security Cooperation program that has strengthened our ability to fight cooperatively on a global scale.

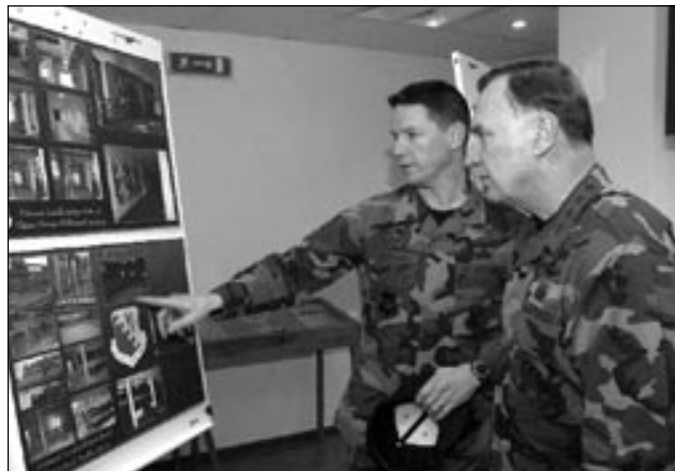


Photo by Airman Liliana Moreno

Master Sgt. William McClain, 31st Mission Support Squadron, shows Gen. William Hobbins, U.S. Air Forces in Europe commander, the construction plans for Aviano's Airman Leadership School during his visit here March 20.

The dividends are huge; in Operation Iraqi Freedom, 19 of 24 current coalition partners are from the area of responsibility. Our focus is clear; we must continue to invest in the European theater to secure our collective future.

USAFE has a lot to be proud of over the last few months, and I am honored to command and serve with the most experienced, respected and combat-ready forces in the world. I look forward to the next 100 days, and know that we will work to meet any and all challenges together.

A snapshot of base key accomplishments in the last three months:

Spangdahlem Air Base

- 52nd FW opened European Transportation Training Center; training accessibility increased by 475 percent
- Participated in Anatolian Eagle exercise
- Supported NATO's Baltic Air Policing mission
- Renovated key wing facilities – command post, fighter squadron briefing rooms, clinic

Aviano Air Base

- 31st FW opened new Professional Military Education facility
- Opened new vehicle maintenance and operations and maintenance facility
- Completed first-ever combined wing NATO strike evaluation with Lakenheath; received mission capable rating
- Hosted first lady and chief master sergeant of the Air Force visits

RAF Lakenheath

- 48th FW completed Phase 1 Operational Readiness Exercise
- Opened a referral management center for central processing of internal and external medical network referrals

- Opened F-15C mission training center

RAF Mildenhall

- 100th ARW opened a new child development center
- Completed \$9 million communications infrastructure upgrade
- Implemented \$167,000 in quality of life improvements around the base
- Created a new dedicated tanker line; increased number of dedicated tankers to each fighter wing by 20 sorties per day

Moron Air Base

- Constructed new \$750,000 sports and fitness center

Ramstein Air Base

- Ramstein named one of top three installations in Air Force
- 86th AW opened a new repair facility; improved propeller repair cycle time by 73 percent
- Led the way for acquisition of a visual threat recognition and avoidance trainer
- 37th AS taught the initial cadre of Iraqi air force crews to fly a C-130
- 435th ABW reorganized vehicle ops

- 435th Contingency Aeromedical Staging Facility moved more than 3,800 patients

- Installed new youth center gym floor and new gymnastics spring floor; implemented \$1.7 million playground project and child development center revamp
- Had 33 percent drop in DUIs in Dec 05 – March 06 versus Dec 04 – March 05
- 703rd MUNSS opened renovated club and dining facility

Lajes Air Base

- 65th ABW supported aircraft moving more than 1.5 million lbs. of cargo and more than 5,200 passengers
- Secured \$437,000 funding to replace and repair base's lightning protection and grounding for air traffic control and landing systems
- Refueled 826 aircraft

Incirlik

- 39th ABW provided logistics support to OIF and OEF moving 10,368 pallets and 18,460 short tons of cargo
- Provided air refueling support to OEF: 17,689,000 pounds of fuel, 248 sorties

Aviano schools evaluated for accreditation

By Master Sgt. Carole Steele
31st Fighter Wing Public Affairs

Aviano's Department of Defense Dependents' School will be put to the test April 24-28. A team of five evaluators from the North Central Association's Commission on Schools will visit here to assess the school for accreditation.

All DoDDS schools are reviewed every five years and this will be the first NCA evaluation for the new school here since it opened five years ago.

"When we opened, all the teachers came together and set a goal area," said Vicki Paxson, a 5th grade teacher who has taught in the DoDDS system for 22 years in the European and Pacific theatres.

The target goal the teachers created was "All students will improve communication across the curriculum." This was paired with their mission statement "We are a community of learners who strive for excellence."

"Just like the Air Force, which is used to mission statements, we have a mission statement that we work towards, too," said Ms. Paxson. "The NCA will have specific questions that are tied to our mission

statement and our goal."

The evaluators will assess all aspects of the school by observing teachers and students in their everyday classroom environment, looking at curriculum and test scores, holding forums for parents and students, reviewing each teacher's file and credentials, and talking one-on-one with each teacher.

During the first two days of the evaluation, the NCA team will be 'flies on the wall' of the school. "They want to walk into classrooms, watch the interaction and see the things we do on a daily basis; they don't want them to stop what they're doing or put on a show," said Janyne Roers, a 2nd grade teacher who recently served on an accreditation team for a DoDDS school in Spain.

The evaluators will also talk with people randomly throughout the school, even asking questions of students in the hallway.

Ms. Roers has suggested ways that parents can help their children prepare for the event. "Get them talking about what they're doing in school. Have them communicate what they're studying and what they've learned," she said. "Parents should be seeing their kids doing things like oral

presentations and written explanations."

Then on April 26, the evaluation team will meet with selected parents in an open forum. Those parents will receive invitations in the mail and will be chosen at random from different grade levels to ensure they cover a broad spectrum of the school.

"I'm sure if a parent [who didn't get an invitation] wants to come, they wouldn't be told they couldn't," said Ms. Paxson. "The invitations are just to ensure they have a good representation across the board."

The NCA team will also hold the same type of open forum with students that they will randomly select.

The evaluators then write a final pass/fail report and also give Aviano suggestions for improvement that they call 'Next Steps.' An outbriefing will be given April 27 for the Aviano community and commanders.

"I think we're going to do very well. We have a good school, a good staff, good kids, and the parents are supportive," said Ms. Paxson. "Like I tell the kids, it's just like when we give them tests - this is for us to see where we can make improvements in what and how we teach them to make their education better."

Bake sale: Kuk Sool Won hosts a fundraiser bake sale and martial arts demo from 10 a.m. to 2 p.m. Saturday in the base exchange.

Tree, from page 1

the diversity around us."

All together more than 50 trees were planted in the pre-Dolomite mountains of Giais. Volunteers hiked about a half hour up the mountain carrying baby trees, shovels and gloves. After the planting was finished, volunteers were treated to a hot pasta lunch, provided by the town of Giais and the Alpini group.

"I think what they're doing is awesome and this is a great experience for everyone involved," said Airman Jessica Maxfield, 31st Dental Squadron dental assistant. "The scenery was beautiful and we all got to see the kids enjoy themselves."

Overall, Ms. Flores said the response from Aviano's volunteers about the tree planting was enthusiastic.

"The feedback has been so positive and most are looking forward to doing this again next year," she said, adding that "it's important to support our volunteers and the various volunteer activities year-round."

Know a volunteer who deserves to be recognized?

Show your support for Aviano volunteers by attending the volunteer appreciation picnic scheduled from noon to 3 p.m. April 21 in Area D. For more information on the picnic and upcoming volunteer opportunities, call Sylvia Flores at Ext. 5407.



Photo by Staff Sgt. Michael Holzworth

Cleaning up

Staff Sgt. David Helm, 31st Maintenance Squadron, picks up a bottle in the Aviano industrial area during the annual Aviano Clean Up Day Saturday.

Base leadership asks for opinions, suggestions

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

Some Aviano members can expect to see something more interesting than junk mail and Telecom bills in their mailboxes soon.

The Air Force and base leadership are interested in knowing what Aviano members need and what they think about community issues. To help them get their opinions heard, the 2006 Community Assessment Survey will be sent to 1,000 randomly selected active duty and Reserve members and their spouses.

"All responses are anonymous, so while we will be given feedback from the Air Force, we will not know who said what," said Lynn Yates, 31st Medical Support Squadron family advocacy outreach manager. "If people have concerns, this is the perfect opportunity to express thoughts, feelings and suggestions. This is their opportunity to be heard."

The 2006 survey for Aviano is sponsored by the Integrated Delivery System Working Group. A notification letter will be sent to the work e-mail address of each selected active duty member and selected

spouses will be sent a letter in the mail.

"The Integrated Delivery System is the action arm of the Community Action Information Board and has the primary responsibility for providing family services and prevention and education activities related to individual, family and community concerns," said Maj. Gretchen England, 31st Aerospace Medicine Squadron Health and Wellness Center health promotion manager.

When the survey results are in, the IDS will use the comments and suggestions to create an action plan to improve needed areas.

To do this, IDS will need as many people as possible to complete the online survey. They hope to get 75 percent of the selected active duty members and 50 percent of spouses to respond.

"From the data we get this year, the IDS will develop a specific action plan that will work to improve areas that respondents found lacking in our community," said Ms. Yates. "The more people who fill out the survey, the more specific we can be in addressing problems."

One of the largest benefits for taking the survey is that the suggestions for change

will be coming from those who are directly affected by family and support programs.

"The survey comments will also be changes that you, the community, desire, as opposed to what leadership thinks are needed," said Major England.

Another benefit to the climate survey, Ms. Yates said, is that the results will be shared directly with base leadership.

"We will have the ability to take concerns all the way to top leadership which will increase the likelihood that real changes and improvements can take place," said Ms. Yates.

Results from previous Air Force Community Assessments have impacted the policies and programs that support families at every level of the Air Force, to include:

- Expanding financial counseling programs to members and their families
- Developing a user-friendly support network for AF single parents
- Setting up marriage support seminars for junior enlisted members and their spouses

For more information on the climate survey, call Capt. Karin De Angelis at Ext. 7272, Lynn Yates at Ext. 5667 or Maj. Gretchen England at Ext. 4573.

Grand opening: A ribbon cutting ceremony is at 10:30 a.m. Wednesday at the new 510th Fighter Squadron and Maintenance Complex.

New to the Blue baby announcements

Congrats to these Aviano families on their newest additions!

Abigail Marie James was born May 28, 2005 to Andrea and Staff Sgt. Ernesto James, 31st Medical Support Squadron and brothers Gabriel, 4, and Miguel, 1.

Demetrius Jarrell Johnson-Hunt was born Oct. 4 to Staff Sgt. Amber Hunt, 31st Logistics Readiness Squadron and Staff Sgt. Darron Johnson, 51st Maintenance Squadron, Osan Air Base, Korea.

Malayna Jayden Lewis was born Dec. 10 to Master Sgt. Mary Lewis, 31st Mission Support Squadron and Master Sgt. Matthew Lewis, 31st Civil Engineer Squadron and brothers Brandon, 20, Ryan, 16, and Chris, 10.

Paige Isabella Wisher was born Dec. 26 to Tara and Capt. Mark Wisher, 31st Operational Support Squadron and sister Hallie, 1.

Kaedin Ty Bullock was born Dec. 29 to Tech. Sgt. Crista Bullock, 31st Fighter Wing and Tech. Sgt. William Bullock, 31st Maintenance Group and siblings Jessica, 14, Ryne, 12, Brooklin, 11, and Kyleigh, 7.

Jayah Faith Crocker was born Jan. 11 to Cedric McCalister and Airman 1st Class Elizabeth Crocker, 31st Aircraft Maintenance Squadron.

Evelyn Rachel Lakkala was born Jan. 17 to Senior Airman

Tabatha Lakkala, 31st Communications Squadron and Tech. Sgt. Christopher Lakkala, 31st Maintenance Squadron.

Aiden Patrick Pasch was born Jan. 28 to Laura and Airman 1st Class Thomas Pasch, 31st Services Squadron.

Victoria Marie Hiscock was born Feb. 4 to Jeanette and Senior Airman Deric Hiscock, 31st Maintenance Squadron and brother Gabriel, 3.

Patton Bruce-Patrick Terrill was born Feb. 7 to Sarah Ann and Staff Sgt. Scott Terrill, 31st Maintenance Squadron.

Eleny Mae Hobbs was born March 2 to Nicola Hobbs, 31st Services Squadron, and Tech. Sgt. Don Hobbs, 31st Logistics Readiness Squadron, and sister Athena, 2.

Sarah Grace Vorheis was born Feb. 21 to Brooke and Staff Sgt. Benjamin Vorheis, 31st Logistics Readiness Squadron and brother Brenden, 3.

Matteo Henry Krivitzky was born Feb. 26 to Catherine and Capt. Nathan Krivitzky, 31st Dental Squadron and sister Sarah, 2.

Ashlynn Elizabeth Thomas was born March 6 to Alison and Senior Airman Aaron Thomas, 31st Security Forces Squadron.

Eva Grace Hemington was born March 13 to Elisa and Staff Sgt. Jeremy Hemington, 31st Maintenance Squadron and sister Ciara, 2.

Ian Charles Joseph Stewart was born March 18 to David and Senior Airman Elizabeth Stewart, 31st Fighter Wing.



Aviano drill team claims European Championships

Unit repeats last year's winning performance

By Dominique Dacanay
Aviano High School

Determination. Pride. Dedication. All three of these attributes of the Aviano Unit IT-951 drill team led them to winning first place overall in the European Drill Competition for the second year in a row.

Aviano collected four first place trophies on March 25, in Bitburg, Germany. Along with the title, they claimed first in regulation drill, first in color guard, and first in the rifle duo. They also placed third in saber duo.

The winning color guard consisted of sophomores Dara Collins and Joshua Kelsey, junior Bianca Boney and senior Marco Catanese.

The rifle duo included sophomores Erik Colyer and Jamie Weum. Junior Joel Meade and sophomore John Dickerson performed the saber duo.

Junior Courtney Pietzak and sophomore Dara Collins were recognized as the best commanders in regulation drill and color guard, respectively.

In addition, sophomore Samantha Hunt received fifth place in individual drill routine.

Also, cadets performed a thorough inspection, unarmed exhibition, armed exhibitions, including the saber team and the rifle team.

Commanders included senior cadet Kaitlyn Vogt, junior Tameka Williams, junior Joel Meade and sophomore Joshua Kelsey.

The team consisted of 30 cadets overall. Senior cadet Vogt was the overall drill team commander. She has been on the drill team since her sophomore year.

Senior cadet Marco Catanese, who was a part of the first rifle team in Aviano High School history, commented on the win. "I was stunned. Like last year, it took me by surprise, even though I thought we could have won. Although you're hoping for it, hearing the judges call Aviano takes your breath away."

Protect health with immunizations

By Capt. Patti Jo DeMotts
31st Medical Operations Squadron

Parents want their children to grow up happy, healthy and safe. We do many things for our children, but one of the most important things we can do to protect their health is to make sure they are vaccinated on time, every time.

Today, there are tens of thousands of children who are alive and healthy due to the success vaccines have had on infectious diseases.

Few of us have ever seen the diseases that were once commonplace, but that wasn't always the case. In the 1950s polio was a national obsession. Parents wouldn't let their children swim or attend summer camp for fear of polio. Nearly everyone knew someone disabled by polio. Last year marked the 50th anniversary of the first safe, effective polio vaccine. Thanks to Dr. Jonas Salk's vaccine, polio is just a distant, unpleasant memory for most of us. We no longer fear a disease that once brought so much suffering.

We can now protect children from 13 potentially serious vaccine-preventable diseases.

Today, the world is free of smallpox; polio has been eliminated from the Western hemisphere and we are on the verge of eradicating polio from the world community.

Rubella, once a major cause of birth defects, has been eliminated in the US; and diseases and death from diphtheria, tetanus, measles, mumps, hepatitis B, and Haemophilus influenzae type b are at or near record lows.

No child should have to suffer and possibly die from a vaccine-preventable disease. We must use those means to ensure that no child suffers needlessly. Your healthcare providers here work together with parents and have separate roles.

Providers should offer the age appropriate vaccine at every visit. Parents should make and keep appointments to ensure their child is up to date on all shots. Parents must become informed consumers, ask questions of their health care provider and keep a record of immunizations given each clinic visit. Parents should ask their health care provider about their child's shots at every visit, even if they think their child is up to date.

The promise is great for a world where all children have a chance for a healthy start to life. But we must remember there was a time not long ago when children suffered and died from diseases that we can now easily prevent. We must not let that time return.

The immunization clinic is located in the Area One clinic and is open from 7:30 a.m. to 4:30 p.m. Monday through Friday.

Easter: An Easter Extravaganza is at 11 a.m. April 16 at the La Bella Vista Club.



Photo by Airman Liliana Moreno

Perfect harmony

U.S. Air Forces in Europe band, the "Wings of Dixie," perform for Aviano Elementary School students March 31. During their visit, the USAFE band also conducted a musician's clinic from 6 to 8 p.m. at the community center.

Security forces lieutenant goes to the dogs

Photo and story by
Tech. Sgt.

Jerome Baysmore
31st Fighter Wing
Public Affairs

Military working dogs and their handlers routinely train for mission success, be it in explosives or drug detection, but what happens when the dogs retire from active-duty service?

The Department of Defense allows MWDs no longer capable of performing their military duties to be adopted and one Aviano Airmen recently became a pet owner. On March 29, 1st Lt. Thomas McGillicuddy, 31st Security Forces Squadron Bravo flight leader, officially adopted Blitz, a newly retired 13-year-old Dutch Shepherd.

"He's an excellent dog," said Lieutenant McGillicuddy while stroking the ex-drug detecting canine. "He gets along well with my wife and daughter; even the neighbors love him.

"He's starting to realize he's retired, and he's enjoying retired life."

Tech. Sgt. Wavelon Jackson, military working dog section NCOIC, agrees.

"It's only been a week, and you can see the difference in his walk," he said. "They're just like us and he knows his days of work are done.

"Besides, he's got someone to pet him and feed him snacks whenever he wants."



First Lt. Thomas McGillicuddy, 31st Security Forces Squadron Bravo flight leader, sits with Blitz, his officially adopted and newly retired 13-year-old Dutch Shepherd. Blitz is a former military working dog.

Most MWDs deploy just like active-duty Airmen, and they face the same long hours, austere conditions and threats. But they also used to face euthanization at the end of their military-service career.

"For a long time, the dogs were looked at as equipment," said Lieuten-

ant McGillicuddy. "At the end of their 12-year service career, euthanizing used to be the only option.

"Through programs like these, we're changing the view of the Air Force because these are living animals," he added. "I'm trying to do my part and at least give Blitz a couple years of relaxation."

Staff Sgt. Gino Fonseca wholeheartedly believes in the program as well.

"I think [the program is] great. He's an excellent dog, very obedient," said the 31st SFS military working dog trainer. "This is the first adoption that I've been a part of, and it's best for the dog. After 12 to 13 years of service, he gets to relax for a few years before going off to greener pastures."

Although the program allows people to adopt MWDs, canines like Blitz must go through an evaluation process before getting the nod.

Lieutenant McGillicuddy said he's been working to adopt Blitz since last December. "It involves a lot of coordination between the kennel master, veterinarian and the handlers," he said. "He had to go through temperament tests, a health screening, and the [adoption recommendations] of his handlers."

"This is the second MWD that I've owned," said the lieutenant. "The vet gave my last dog six months to a year to live; he was still around three years later.

"I think Blitz will be the same way. He'll be around at least three or four more years."

For more information on the MWD adoption program or to adopt a MWD, log onto <http://dodmwd.lackland.af.mil/>.

Did you know?

- A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.
- The common belief that dogs are color blind is false. Dogs can see color but it is not as vivid a color scheme as we see.
- A dog's sense of smell is about 1,000 times better than a person's.
- Dogs have performed various tasks for humans

since prehistoric times. They have pulled sleds, delivered messages, herded sheep and cattle and even rescued people. Dogs have also served as a source of food. The ancient Romans are said to have prized certain kinds of dog stew. The Aztecs raised tiny dogs to feed the large carnivores in the private zoos of the Aztec rulers. In the past dogs have even been worshiped as gods.

(Information provided by <http://www.lookd.com/dogs/> and <http://www.takingthelead.co.uk/2/Fun/dogfacts.htm>)



Club Glow

The La Bella Vista Club hosts Club Glow from 10 p.m. today to 4 a.m. Saturday. There is a \$5 admission fee and the first 50 people receive a free gift. For more information, call Ext. 4303.

Thrift shop

The Aviano Thrift Shop will be closed Wednesday and Thursday and will reopen April 18. The thrift shop is now taking spring and summer clothing for consignment. Consignment hours are 10 a.m. - 12:30 p.m. Donations are accepted from 10 a.m. to 4 p.m. Tuesday and Wednesday.

La Leche League

La Leche League of Aviano meets at 10 a.m. Thursday at the chapel education center, Bldg. 168, in Area One. The topic will be avoiding and overcoming breastfeeding difficulties. All breastfeeding and pregnant women are invited to attend and babies and children are welcome. Snacks will be provided. For more information, call 0434 755-

606 or 348-42-5373 or e-mail LLAviano@yahoo.com.

Construction

The Individual Equipment Element is undergoing construction Monday through April 14. During construction, customers can expect dust and excessive noise. It is recommended that only emergency customers conduct business and that they bring ear plugs. For more information, call Staff Sgt. Salina Harrison at Ext. 5708.

Toastmasters

The Aviano Toastmasters Club 9289U meets at noon Thursday in the 31st Operations Group conference room in Bldg. 1360. For more information, call Master Sgt. Mark Fritts at Ext. 7195 or Senior Master Sgt. Joyce Parker at Ext. 7551.

Med group closure

The 31st Medical Group clinic in Area One will be closed April 14 for a U.S. Air Forces in Europe family day. The clinic will have extended care hours from 10 a.m. to 4 p.m. April 15 and 16. For

emergencies during off-duty hours, go to the Pordenone Emergency Room or the closest ER. For life-threatening emergencies, call 118. The Nurse Health Care Information line is available at 800-877-660 toll free from any Italian phone line.

Parenting class

Due to spring break, the 1, 2, 3 Magic Parenting class will be held from 8:30 to 11:30 a.m. April 26 at Bldg. 108 in Area One. For more information, call Family Advocacy at Ext. 5667.

Family fair

The annual family fair celebrating "April: The Month of the Military Child" is April 29 in Hangar One. The fair is a day of informational and activity booths, as well as stage performances and food booths. For more information, call Ext. 5225.

Power of presence

Aviano Airmen have a new way to share career milestones with family and friends around the world. The Power of Presence Web site has moved to www.usafe.af.mil/pop.asp. The site displays photos for download of Airmen receiving unit, quarterly and annual awards, promotions, leadership visits and other significant events. For more information, call Senior Airman Sarah Gregory at Ext. 7344.

Product recall

The U.S. Consumer Product Safety Commission, in cooperation with Reebok International Ltd., is recalling a heart-shaped metal charm bracelet provided as a free gift with the purchase of various children's footwear. The bracelet contains high levels of lead and poses a risk of lead poisoning and adverse health effects to young children. The bracelet has a heart-shaped charm with "Reebok" engraved on it and was sold at Army Air Force Exchange Services from May 2004 to March 2006. Consumers should immediately take the charm bracelets away from children and dispose of

the entire bracelet. For more information, call Reebok from 8 a.m. to 5 p.m. Eastern time Monday-Friday at (800) 994-6260.

NCO Association

The Dolomiti Noncommissioned Officer's Association is seeking volunteer members. The organization is actively involved in community events and advocates on behalf of enlisted men and women in the five branches of the U.S. armed forces. Any enlisted member can join the NCOA. For more information, e-mail jose.barraza@aviano.af.mil or visit NCOAUSA.org.

Job opening

American Computer Services is hiring part-time customer support on-site computer technicians. The positions are open to Department of Defense dependents only. Interested persons should send their resume to: Gloria Navarro-McDermott, Human Resources Director at hdiv@cox.net.

Aggie Muster

Aviano Aggies will gather to celebrate Aggie Muster April 21, the anniversary of the Battle of San Jacinto. Plans include dinner and a small ceremony. For more information, and to RSVP, call Capt. Justin Dalton at Ext. 4786.

Tuition Assistance

Online tuition assistance is mandatory for all active duty students. Airmen must visit the Air Force Portal at www.my.af.mil to apply for TA. Airmen no longer have to visit the education center to request TA, but they must have a degree plan on file. Tuition assistance may only be used for courses which fit into a college degree program. Call the education center at Ext. 5330 for more information.

Correction

Non-judicial punishments are decided by the offender's commander, not the 31st Fighter Wing legal office, as stated in last week's Flygileer.

Reel Times

Today, 7 p.m. - "Freedomland" Rated R - A white woman blames an African-American man for the death of her son, but a white reporter and an African-American detective think otherwise. Starring: Julianne Moore, Samuel L. Jackson

Saturday, 6 p.m. - "Big Momma's House 2" Rated PG-13 - Master-of-disguise FBI special agent Malcolm Turner goes undercover as Big Momma to nail his ex-partner's murderer. Starring: Martin Lawrence, Nia Long

Saturday, 9 p.m. - "Underworld: Evolution" Rated R - A beautiful vampire and a lycan hybrid try to unlock the secrets of their bloodlines. Their forbidden love takes them into the battle as they finally face their retribution. Starring: Kate Beckinsale, Scott Speedman

Sunday, 7 p.m. - "Big Momma's House 2" Rated PG-13

Wednesday, 7 p.m. - "Freedomland" Rated R

Thursday, noon - "Chicken Little" Rated G - After ruining his reputation with the town, a courageous chicken must come to the rescue of his fellow citizens when aliens start an invasion. Animated

Thursday, 7 p.m. - "Underworld: Evolution" Rated R

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Flower exhibits

Several local towns are hostings flower exhibits with music and entertainment Sunday. Towns include Congeliano, Aquileia and Concordia Saggittaria, near Portogruaro. The Aquileia exhibit will also have food tasting and free guided tours of the basilica and archaeological sites.

Castles

The upper and lower castles of Strassoldo, near Udine, is open to the public from 9:30 a.m. to 7:30 p.m. Saturday and Sunday. The cost is €10. For more information, visit www.castellodistrassoldo.it.

Travel advisory

Aviano members should be aware of demonstrations planned in various parts of the country for the upcoming Italian Parliamentary elections Sunday and Monday and the municipal elections in May. The Department of State advises U.S. citizens traveling or residing in Italy to avoid areas where crowds are expected to gather, take common-sense precautions and closely follow media reports. For up-to-date information, visit www.travel.state.gov.

Easter egg hunt

An Easter egg hunt is from 10 a.m. to noon April 15 at Parco Floriano, Polcenigo. To sign up or for more information, contact Sylvia Flores at Ext. 5658 or e-mail sylvia.flores@aviano.af.mil.

Bergamo: A city divided

Story and photo by
Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

Located in the Lombardy district of Italy, Bergamo is a charming little city with a split personality. Originally built as a strategic, defensive hilltop town, Bergamo is now divided into two parts – upper town, or Citta Alta and the lower, modern section called Citta Bassa. The upper section of town is the historical area and is still surrounded by the stone walls that once protected it.

Getting to Bergamo is easy and since it's close to Milan and Lake Como, it can be a good starting or ending place for a Lombardy day trip. Drivers can take the A4 all the way there or visitors can hop on the train which arrives in lower Bergamo. A shuttle leaves the train station every 10 minutes to take people to the funicular station, which connects the upper and lower town. The funicular is €2 round trip and runs constantly.

Both sections of town have things to do, but the upper section has more historical charm and appeal. At the center of the old town is Piazza Vecchia, which is hard for visitors to miss – all the main roads run through it. The piazza is the heart of the Citta Alta and is where residents and tourists alike gather to people-watch or enjoy a snack by the large fountain. Several bars and restaurants line the square and offer outdoor seating as well as snacks to go.

Off to one side of the square is the giant Torre Civica, a 12th century tower which offers sweeping views of the city. Tower tickets cost €3 and it is open from 9:30 a.m. to 7 p.m. Sunday through Tuesday and 9:30 a.m. to 9:30 p.m. on Saturdays, April through October.

Also bordering Piazza Vecchia is a medieval portico which connects the piazza to a smaller square, the Piazza del Duomo. Here is Bergamo's Duomo, the church of Santa Maria Maggiore and the Colleoni Chapel.

Construction on the church of Santa Maria began in the 12th century but over the years modifications were made to the interior includ-



Visitors can walk the medieval stone wall that once protected the city of Bergamo against invading enemies.

ing the addition of Flemish tapestries in the 16th century. Despite all the changes, traces of the original medieval frescoes, including one titled 'Tree of Life,' celebrating the life of Christ, remain.

Next to the church of Santa Maria is the elaborate Colleoni Chapel, adorned with intricate and colorful marble decorations. The chapel was completed in 1476 by Bergamo native Batolomeo Colleoni, a condottiere or hired soldier, as a resting place for his tomb.

Both the church and the chapel are open for free from 10 a.m. to 12:30 p.m. and 2:30 to 5:30 p.m. daily.

For the outdoorsy type, upper Bergamo offers plenty of places to walk, have a picnic or relax. There is a public park around the base of the Rocca, a walled stronghold, with paths, benches and good views of lower Bergamo.

Depending on time and weather, Bergamo has lots of dining options to offer hungry visitors. Small cafes selling local specialties such as gorgonzola and apple pizza are prevalent. Other tasty dishes include Bergamese risotto and polenta with wild game and mushroom.

Whether going for Bergamo itself or in combination of another trip, visitors to Bergamo will find it a enchanting and quaint place to explore. For more information on Bergamo attractions, visit <http://www.italyheaven.co.uk/bergamotourist.html>.

Spring Fest: The USAFE band "The Five Star Brass" performs from 3:30 to 5 p.m. Saturday in Fontanafredda. Call Ext. 7555 for info.



Photo by 1st Lt. Nicole Dubnicay

Rome, Italy, is home to the massive and majestic Colosseum, Sistine Chapel and the Spanish Steps.

Information, Tickets and Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Monday – French Riviera
- Saturday – Guided Trieste and Miramare Castle
- Saturday – Shopping in Florence
- April 14-16 – Rome for Easter
- April 15 – Gardaland amusement park

ITT escorts ensure the group arrives

and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking.

Call Ext. 5072 or 5026 for more information.

Aviano member builds a better body

By Kenneth Godden

31st Fighter Wing Public Affairs

Last October Delana Jemison, one of Aviano's own, took second place at the 2005 U.S. Forces Morale, Welfare and Recreation Bodybuilding Championship in Kaiserslautern, Germany. This October, she said she'll be heading back to the championship to take first.

Jemison, a technical sergeant in the 31st Logistics Readiness Squadron, has been into physical fitness since high school and started working toward bodybuilding once she joined the Air Force in 1989.

"I always liked the look of bodybuilders as a kid, and while I was in Korea I met a friend who started pushing me toward bodybuilding," said Jemison. "Mainly, I did it for myself." Once she was established as a bodybuilder, Jemison was encouraged to compete. During her first competition, at Kunsan Air Base, Korea, she earned first place and overall best. She later went on to win first place in the 2002 and 2003 Guam National Bodybuilding Championships.

A lot of time and hard work go into preparing for competitions like these. "I typically work out about one hour twice a day, with cardio in the morning and weight training and cardio again in the evening," said Jemison. "I eat six small meals a day that contain a lot of protein and carbs. Diet plays an integral role in training when going into a competition because it is immediately apparent as to whom has not been following a proper diet when you get up on the stand."

"Bodybuilding is kind of like the science of how your body responds to your workout, so everyone's approach will be different," she said.

Besides the obvious physical benefits of this lifestyle, there are others that people might not realize. "Some women have concerns about the way they look, so bodybuilding gives them a chance to feel more confident about their appearance," said Jemison. "This will also give you a full body workout."



Photo by Senior Airman Sarah Gregory

To maintain her fitness level, Delana Jemison works out for one hour, twice a day.

There is also the knowledge gained of one's body and diet that are learned from actively studying writings on healthy living.

Jemison isn't hesitant to offer information for people wanting to get into bodybuilding. "You should go for a more symmetrical look," said Jemison. "Figuring out what weight you want to compete at and finding the right poses to show off what you have worked hard for also helps."

For more information about bodybuilding go online to mwr-europe.com or bodybuilding.com.

Fly Bys

Bike inspection

A free bicycle safety inspection and repair clinic is from 9 a.m. to 4 p.m. April 15 at the base exchange.

Bike races

A bike race is at 11 a.m. Saturday at Campo Delta, off of mountain highway near Area Two. Check-in time is at 10 a.m. A road race is at 9 a.m. Sunday and starts at the 603rd parking lot. Check-in time is at 8 a.m. For more information, visit <http://www.armed-forcescycling.org/Regional/USFECYCAviano.htm>.

Volksmarch

The Aviano Road Runners are participating in a Volksmarch to Fontanafredda at 3:30 p.m. Saturday and to Porcia 8 a.m. Sunday. The group leaves from the Bar Municipio in Roveredo both days. For more information, call Ext. 7692 or 7404.

Umpires needed

Aviano youth programs is looking for umpires for youth baseball and softball. To volunteer or for more information, call Shalee Torrence at Ext. 4784 or e-mail shalee.torrence@aviano.af.mil.

Dodgeball

The 31st Security Forces Squadron Spouses' Group hosts a dodgeball tournament from 8 a.m. to noon April 15 in the Dragon Fitness Center. Teams consist of at least six members and the cost per team is \$25. Volunteer referees are also needed. For more information or to sign up, call Jackie Jalomo at 347-041-5519 or Christine Hall at 392-142-8068.

Bench press

Aviano hosts an inaugural bench press competition at 3 p.m. April 22 at the Dragon Fitness Center. The event will have seven weight classes for male and female lifters. For more information, call Tech. Sgt. Alec Maund or Jennifer Kellner at Ext. 7574.

Fun run: The Spring Fling fun run has been rescheduled for April 28. Call Ext. 7574 for details.

Health watch

*Courtesy of the
31st Medical Group*

Who is the most valuable player of your healthcare team? Is it the doctor, the nurse or the tech?

None of the above. The MVP of your healthcare team is you. As a part of

your healthcare team, you need to be an active participant in the plan of action to maintain health and well-being. Learn all you can about your condition. Pay attention to symptoms and be prepared to inform your doctor of the details and how long the symptoms have persisted.

Being an active, edu-

cated partner in your own healthcare will allow you to enjoy the best of care and get on the road to recovery. Maintaining good documentation for use during your appointments and being mentally and emotionally prepared for your appointments will help you and your doctor to achieve your goals.

Safety offers a scientific look at DUIs

By Lt. Col. Todd Phinney
31st Fighter Wing safety office

Okay World's Finest, have you ever sat down and really considered when it is safe to drive after a big night on the town? I hope the following article does just this – if you choose to read on. I think what you find might surprise you.

Here's the scenario: For whatever reason, you have chosen to have a big night on the town. Being a responsible Airman, you know you need to have a designated driver to get home. You enlist a buddy to be the DD, make sure they get a free meal and all the soda they can drink. You are even considerate – you promise them that you and your buddies will keep the hours reasonable. You plan to leave for the big night at 5 p.m., start partying by 6 p.m., and promise to be in the car on the way home by 1 a.m.

During the night, you and your buddies do have the good time you planned on. In fact, maybe you have a little bit too much of a good time. Let's say for the sake of argument, that when you leave the club at 1 a.m., your blood alcohol concentration is .205.

Think that BAC is an unlikely amount? Probably not. I can say this because I regularly read the reports from our wing's DUIs. Did you know that our average BAC for DUIs this year is over .20? Regardless, your DD has driven you home and, as far as you are concerned, you've done everything right. At 2 a.m., you turn out the lights, stagger into bed, and try to get some sleep. Around 8 a.m., the sun comes up, you wake up, crawl out of bed, realize you're hungry and decide to drive somewhere to get some chow. Five minutes into your drive you're going too fast and swerve off the road and run into – a tree, curb, parked car, pedestrian, child on the side of the road ... take your pick.

What do you think your BAC is at this point? Sure you should've been fine? Your last drink was at 1 a.m., you went to bed at 2 a.m. and slept until 8 a.m.

Let's look at the night from a scientific viewpoint. If you're doubtful, go online and research it yourself (my data comes from www.alcoholalert.com). Here are our givens. First, you stopped drinking at 1 a.m. and had a BAC of .205. Second, alcohol leaves the blood stream at approximately .015 units per hour. Third, we'll assume that you are a 170-pound male. If you didn't know it, women normally have a higher BAC than men after drinking the same amount of alcohol due to a lesser body mass and a higher proportion of body fat (for a good read on this, go to www.dundee.ac.uk/forensicmedicine/llb/ahocohol.htm).

So, with this in mind, let's go through a time line and see what your BAC probably was from the time you went to bed to the time you crashed.

When you went to bed, assuming your body had absorbed all the alcohol from your last drink, your BAC was .190. At 3 a.m. the bed might have stopped spinning and your BAC is at .175. At 4 a.m. you are at .160. At 5 a.m. when you wake to find the aspirin and chug a bottle of water, your BAC is .145. At 6 a.m. you're still sleeping fitfully and your BAC is down to .130. Two hours later, it's 8 a.m. and you head out to the car in search of breakfast. Five minutes later, when you get into an accident, your BAC is still around .10 – twice the legal limit in Italy.

So you had a plan, and you executed it – right up until the time you assumed you were okay to drive. In fact, under the previous conditions, you probably would have been legally DUI until approximately noon. Surprised? Remember the numbers and rates listed above depend on a variety of factors. But, the take away from this is simple. If you have had a big night, plan on having a long day before you fire up the ignition of that 2,000-pound weapon we know as an automobile. Your game plan should include not only a way to get home safely but the knowledge that you should not be behind the wheel for quite a while the next day. Be safe.

Recognizing The World's Finest

• Congratulations to the following Lt. Gen. Leo Marquez Outstanding Aircraft Maintenance Professionals of the Year: **Lt. Col. Patrick Kumashiro**, 31st Aircraft Maintenance Squadron; **Capt. Kevin Tanner**, 31st AMXS; **Master Sgt. Gregory Bobzin**, 31st AMXS; **Tech Sgt. Michael Kuhn**, 31st AMXS and **Senior Airman Nathan Cantrell**, 31st AMXS. Sergeant Bobzin also won at the U.S. Air Forces in Europe level. Lt. Gen. Leo Marquez Outstanding Munitions Professionals of the Year: **Master Sgt. Richard Lee**, 31st Maintenance Squadron; **Tech. Sgt. Christopher Lakkala**, 31st MXS; **Airman 1st Class Donald Bartleson**, 31st MXS and **Stefania De Lorenzi**, 31st Maintenance Operations Squadron. Sergeant Lakkala, Airman Bartleson and Ms. De Lorenzi also won at USAFE level.

• Congratulations to the following U.S. Air Forces in Europe Outstanding Theater Air Control System Annual Award winners: **Capt. Ryan Finan**, 603rd Air Control Squadron – Outstanding Support Professional, Company Grade Officer level; **Master Sgt. Ricky Lucas**, 603rd ACS – Outstanding Support Professional, Senior NCO level; **Tech. Sgt. Michael Davis**, 603rd ACS – Outstanding Support Professional, NCO level and **Senior Airman Steven McCandless**, 603rd ACS – Outstanding Support Professional, Airman level.

• Congratulations to **Master Sgt. Jeff Jacobsen**, 31st Aircraft Maintenance Squadron, for winning U.S. Air Forces in Europe First Sergeant of the Year.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.